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# Food and Home Notes

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Some fruits and vegetables do not generally make satisfactory products when frozen. They include green onions, lettuce and other salad greens, radishes, tomatoes (except as juice or cooked).

\* \* \*

Yes, you can freeze celery. Select crisp, tender stalks, free from coarse strings and pithiness. Clean thoroughly, trim and cut. Heat three minutes in boiling water. Cool and drain. Pack in containers, seal and freeze. (Leave head space of 1/2 inch).

\* \* \*

You may safely refreeze most frozen foods that have thawed if they still contain ice crystals or if they are still about 40°F, according to Agricultural Research Service of U.S. Department of Agriculture.

\* \* \*

Stewed tomatoes are ideal for freezing.

## HIGH PROTEIN CANDIES ---and USDA Research

Candies and snack foods -- widely consumed in our culture -- may provide a means of improving human nutrition. High-protein candies and hors d'oeuvres can be made from a semisoft Indian Cheese set with acid whey (called "Panir"). It can be flavored so that it is favorably accepted by consumers, according to a recent experiment by Agricultural Research scientists at the U.S. Department of Agriculture.

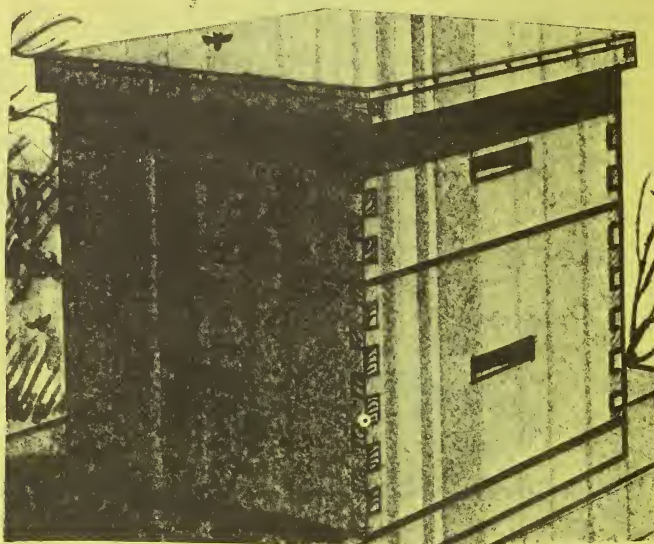
The Indians and Pakistanians make "panir" by curdling whole milk with lemon juice. Acid whey from cottage cheese can be used instead of the lemon juice to prepare a high-protein base that can be flavored with fruit, coconut or peanut butter and honey and used as centers for chocolates. Or--the panir can be flavored with chives, red peppers or other desired seasoning and fried for hors d'oeuvres.

Since these strictly experimental foods have only been made in laboratory kitchens, no determination on producing them commercially has been made.

## LOOKING FOR A HOBBY?

... TRY

### BEEKEEPING



Did you know that the honey bee is man's most useful insect? Honey bees produce about \$50 million worth of honey and beeswax each year, and they pollinate more than \$1 billion worth of valuable agricultural crops in the United States. And -- keeping honey bees is a fascinating and profitable pastime. You can keep honey bees almost anywhere with relatively little trouble, minimum expense and only an elementary knowledge of their habits.

The honey bee grows fast -- twenty-one days from the day the egg is laid, an adult bee chews its way out of the cell. The queen bee sometimes produces thousands of eggs -- sometimes as many as 1,000 a day.

Basic equipment needed for a beginner should cost no more than about \$60 and should include: A hive (to house your bees); Frames and foundation (to support the honeycombs in which your bees will store honey and raise young bees); Smoker (to blow smoke into the hive, to pacify the bees when you want to work with them); Hive tool (with which to pry frames apart and to examine the hive or harvest the honey); Veil (to protect your face and neck from bee stings); Gloves (to protect your hands); Feeder (to dispense sugar sirup until bees can produce their own food).

Additional information on keeping bees is available from your county agricultural agent. There are six U.S. Department of Agriculture Bee Laboratories in the country. They are located at Tucson, Arizona; Baton Rouge, Louisiana; Beltsville, Maryland; Logan, Utah; Madison, Wisconsin; and Laramie, Wyoming. If you're looking for a fascinating hobby -- this may be it!

\* "Beekeeping for Beginners", Home and Garden Bulletin No. 158 (Revised April 1974) is available from the U.S. Government Printing Office, Washington, D.C. 20402 for 25¢.



## FOOD PRESERVATION SERIES

## ----BIBLIOGRAPHY\*

Selected References from the Cooperative Extension Service, State Land-Grant Universities:

On Freezing:

Home Freezing Guide, HE-109, North Dakota State University, Fargo, ND 58102

Freezing Fruits and Vegetables, Bulletin A-77, University of Arizona, Tucson, AZ 85721

Freezing Fruits, Vegetables, HE-23, and Freezing Fish, Poultry and Meat, HE-60, Iowa State University, Ames, IA 50010

On Canning, Pickling, etc.

Safe Directions for Home Canning Fruits and Tomatoes. In Spanish. TA-63. University of California, Berkeley, CA 94720

Let's Can Tomatoes, HE-43. Simplified edition; one of a series. Auburn University, Auburn, AL 36830

Fruits and Vegetables with Home Canned Goodness, HE-109. North Carolina State University, Raleigh, NC 27607

Canning Tomatoes in the Home, L-170, Ohio State University, Columbus, OH 43210

Pickles and RELishes, B-188, Texas A&M University, College Station, TX 77843

Home Pickling of Olives, HXT-29, University of California, Berkeley, CA 94720

How to Make Low Cost Pickles and Relishes, Cir. HE-113, Auburn University, Auburn, AL 36830

Making Jellies, Jams and Preserves, HXT-91, University of California, Berkeley, CA 94720

On Drying

Drying Vegetables in the Home, University of California, Berkeley, CA 94720

\*This bibliography was compiled by Dr. Evelyn Johnson, Extension Service, U.S. Department of Agriculture, Washington, D.C. 20250. Any questions in reference to the Food Preservation Series may be directed to her attention.

## FOOD PRESERVATION SERIES

## Bibliography (cont.)

On Drying (cont.)

Katie Comes Calling to Tell How to Dry  
Pears and Apples, one piece from a series.  
Auburn University, Auburn, AL 36830

Drying Fruits and Vegetables, University  
of Missouri, Columbia, MO 65201

Sun Dry Your Fruits, X-5137, University  
of Arkansas, Little Rock, AR 72203

How to Sun Dry Vegetables, X-5448, Uni-  
versity of Arkansas, Little Rock, AR  
72203



U.S. Department of Agriculture Publications for Sale, Superintendent of Documents, Government Printing Office, Washington, D.C. 20402

G-8	Home Canning of Fruits and Vegetables	35¢
G-10	Home Freezing of Fruits and Vegetables	50¢
G-70	Home Freezing of Poultry	30¢
G-92	Making Pickles and Relishes at Home	35¢
G-93	Freezing Meat and Fish in the Home	35¢
G-106	Home Canning of Meat and Poultry	30¢
G-162	Keeping Food Safe to Eat	25¢

Miscellaneous Publications of Special Note

Dates in Arizona, Bulletin A-22, University of Arizona, Tucson, AZ 85721

After the Squirrel Kill, B-2501, University of Wisconsin, Madison, WI 53706

Smoking Fish at Home, HXT-2, University of California, Berkeley, CA 94720

Prepare to Enjoy Venison, HXT-53, University of California, Berkeley, CA 94720

Wild Side of the Menu, Cir. HE-124, North Dakota State University, Fargo, ND 58102

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**NOTE:**

Additional information for the MEDIA and photographs (when applicable) may be obtained from: Shirley Wagener, Editor of Food and Home Notes, Room 535A, Office of Communication/Press Service, U.S. Department of Agriculture, Washington, D.C. 20250. Or telephone 202-447-5898.